

Oh for the Love of Pasta...  
October is National Pasta Month



Pasta is so versatile, easy to prepare, inexpensive, and good for us that the nation has chosen to celebrate pasta in the month of October!

**PASTA:**

- Americans eat about 14 pounds of pasta per person every year.
- Italians eat much more, about 62 pounds per person every year.
- Pasta is high in complex carbohydrates, and is fortified with iron and B vitamins.
- A “Food Guide Pyramid” portion size of pasta is ½ cup of cooked pasta
- An average restaurant sized portion is 3 cups
- Pasta is great in salads, with sauce or veggies, even mixed with fruit!
- Pasta is easy and quick to prepare, and very versatile